

Child Care Health Consultation Health Promotion Lesson Plan

Contractor (LPHA) Name: Polk County Health Center

Date Submitted: 11/16/18

Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input checked="" type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Feelings to Share from A to Z

<p>Learning Objective(s): Participants will</p> <ol style="list-style-type: none"> 1. learn about the many types of feelings; 2. how the face and body often show how a person is feeling.

Topical Outline of Content (Not to exceed 30 minutes for Health Promotions)	Resources Used
<p><u>Introduction</u> What are feelings? (Sometimes called emotions or moods) How can we tell how someone is feeling? (facial expressions, body positioning, and words are clues)</p> <p><u>Lecture/ Discussion</u> Why we should talk about our feelings? (to learn more about feelings and so others know how we are feeling) Is it okay to have feelings? (yes, everyone has them) What should we do about our feelings? (handling our emotions- it's okay to be angry, but can't act out and hurt others) Discuss ways to calm oneself If there is time, ask each child how he or she feels today.</p> <p><u>Read & discuss</u> a concept book</p> <p><u>Group Participation: Sing a song:</u> <i>If you're happy and you know it, clap your hands.</i> <i>If you're happy and you know it, clap your hands.</i> <i>If you're happy and you know it, then you're face will surely show it,</i> <i>If you're happy and you know it, clap your hands.</i></p> <p>Sad— wipe a tear, boo hoo Mad— stomp your feet Excited— yell “ya hoo!” (throw hands up in the air) Scared— hide your eyes Happy— clap your hands (repeated to end on a happy note)</p> <p>Wrap up . . . remind them that it is okay to have different feelings and it is important to talk about how they feel.</p>	<p>Lecture/ Discussion/ 3 minutes</p> <p>Lecture/ Discussion/ ~8 minutes (variable depending on # of children)</p> <p>Read & discuss/10 minutes Feelings to Share from A to Z by Todd Snow & Peggy Snow, Lots of Feelings by Shelley Rotner, or On Monday When It Rained by Cherryl Kachenmeister</p> <p>Group Participation song/ 7 minutes.</p> <p>Lecture 2 minutes</p>

Method(s) of Outcome Evaluation: Children will demonstrate appropriate facial expressions during the song.

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.